



# Newsletter



Inspiring people, supporting communities

Issue 48 February 2025

Contact Your Voice for Quality: Email [yvfg@colebrooksw.org](mailto:yvfg@colebrooksw.org) or telephone 01752 205210

## Client of the month nominations in December



**RJ** was nominated for working well over the last 4 months with staff. RJ has recently got a volunteering role at a charity shop and has taken pride with their home, keeping it nice and tidy.

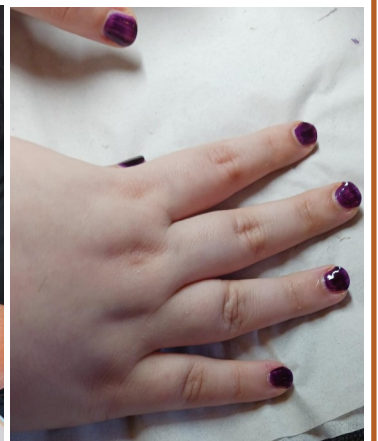
**ALO** was nominated because they have been meds compliant for a prolonged period now and has worked hard to achieve this. Equally ALO has used their new found skills to self-advocate and make their own phone calls outside of support time.

**Remember** Anyone can nominate someone who has achieved something no matter how big or small. People who are nominated receive a certificate. On an annual basis there is a prize draw for those people who have been nominated throughout the year.



## Do you need a haircut or fancy a manicure?

REV7 Community Hair Salon has appointments available on 26 February for people supported by Colebrook. If you are interested please talk to your support worker who will make arrangements for you. REV 7 is at 26 Mutley Plain, Plymouth, PL4 6LD.



## Harvey's Gardening Tip

Do you have problems with cats pooping in your garden? If you do try spreading orange peel around.



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## YVfQ Annual Survey 2025

Please look out for our annual survey which you have until the end of February to complete. Last year 78 people responded which was 40% of people we support. It would be great if more people replied this year.

Colebrook does make changes as a result of what people say so it is a good way to make your voice heard.

We will summarise the results in our newsletter and at a later date let you know of any changes made as a result of the survey.

## Do you enjoy going to the cinema?

Your Voice for Quality's Darren and Harvey do and they go to watch as many films as they want each month because they have a Cineworld "Unlimited Membership".

"Unlimited Membership" can be paid on a monthly basis for a minimum of three months or "upfront" for 3 or 12 months. The membership means you can go to watch films as many times as you want and get a small discount on drinks. Details can be found here <https://www.cineworld.co.uk/static/en/uk/unlimited>

If you know of any schemes that mean you can do activities you enjoy at a reduced rate please let us know so we can share in the newsletter.



Why not share your ideas on how services can be improved.

You can now let the Your Voice for Quality Group know of any ideas or suggestions you have for improving services. And, if you want to you can do this without giving us your name.

We have set up an "electronic suggestion box" Just use the QR code or link below and type in your thoughts. We look forward to hearing from you.

<https://forms.gle/rZ8tk1kxMQ4HvXtW8>



If you would like more information about Your Voice for Quality or have any comments or suggestions please email: [yvfq@colebrooksw.org](mailto:yvfq@colebrooksw.org) or use our suggestion box.